

# FASTLANE

NJLMSC Newsletter

July/August 2017



## *Check out what's inside!*

**Birthdays pages 3 and 4**

**Kudos page 5**

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**Lookin' Good pages 9 and 10**

**Just Add Water Coach Workout page 11**

**And more!**



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## 2017 Event Calendar

**January 1 - December 31, 2017** USMS Go The Distance 2017 Fitness Event. All 2017 USMS swimmers are eligible to enter this free event! Contact information: Go The Distance Support Team [usmsgtd@yahoo.com](mailto:usmsgtd@yahoo.com) [More information](#)

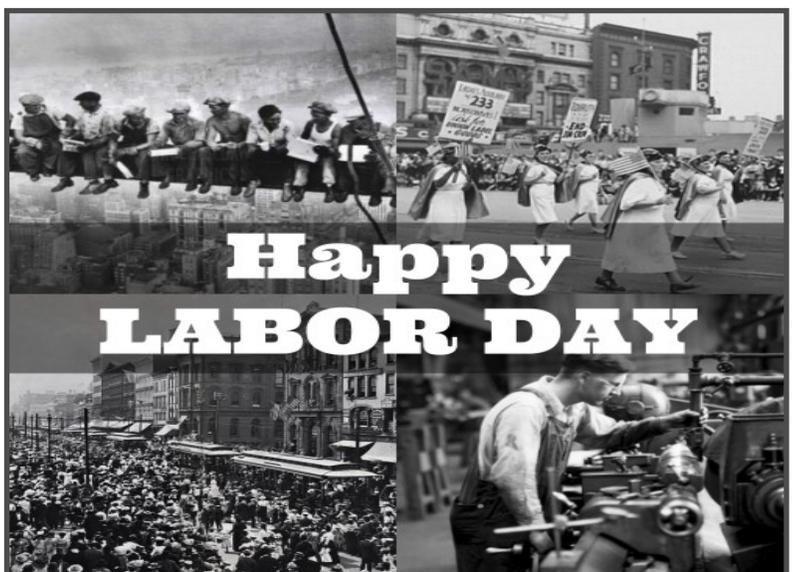
**January 1 - December 31, 2017** USMS "Check-Off Challenge" National Fitness Event [Event information](#)

### New Jersey Events

**September 2** — 4th Annual Last Chance, End of the Summer 5K Pool Swim, Cranford Pool & Fitness Center, 7:30 a.m. start. Contact Linda Brown-Kuhn at [lindabk11@gmail.com](mailto:lindabk11@gmail.com) to register. Free to currently registered NJ Masters members.

**September 9-10** — NJ Senior Olympics in Woodbridge, NJ. For more information go to [NJseniorolympics.com](http://NJseniorolympics.com).

**October** — Sussex County Y adult "mini-meet". Be on the lookout in your email for more detailed meet and entry information.



# Say Happy Birthday to these fellow swimmers when you see them!

## September Birthdays

Dennis Almodovar  
Maryellen Andal  
Katlyn Andrews  
Thomas Antic  
Eric Babbitt  
Robert Barrish  
Errington Bennett  
Patricia Beronio  
Katie Boland  
Philip Brogan  
Sean Chambrovich  
Richard Clew  
Kathleen Coffey  
Wesley Cole  
Terence Cooke  
Kelly Crouthamel  
Adam D'Agostino  
Jeanette Daniel  
Francis DeBlock  
Karl Dentino  
David DiGiovanni  
Jeffrey Dietel  
Galina Dineva  
Mark Dow  
Michael Driscoll  
Theresa Dumont  
Lori Eiland  
Ronald Epstein  
Greg Ewing  
David Farrell  
Robert Felsch  
Michael Fitzgibbons  
Matthew Frazier  
Douglas Fulton  
Robert Gamer  
Bonnie Gannon  
Ann-Jeannette Geib  
Paul Grassie

## September Birthdays

William Haas  
Verena Heuser  
Andrew Holmes  
Bill Imken  
Nancy James  
Jeffrey Jenkins  
Louise Johns  
Tim Johnson  
Deborah Kassekert  
Andreas Kaubisch  
Joseph Kelly  
Chris Kelly  
Daniel Kim  
Dillard Kirby  
Debra Kolitz  
Jennifer Korn  
Melissa Lang  
Simon Lee  
David Leit  
Stanley Lozinski  
Meredith Lyndon  
Patrick Mahoney  
Gregory March  
Maria McAuley Greer  
Bruce McConnell  
Maria McCoy  
George McDonald  
Kelly McGrath  
Dennis McKeever  
Fran McManus  
Lynn Mellor  
Daniel Morgan  
Louis Murphy  
Michael Myers  
Ted Nelson  
My Nguyen  
Michael Nieminski  
Bobbi Nigro

## September Birthdays

Sean Noonan  
Alexa Pallay  
Peter Park  
Michael Perez  
Sherri Plunkett  
Don Podesta  
Bobby Rafferty  
Floyd Randolph  
Alice Rogers  
Sharon Root  
Martin Rothfelder  
Alain Rothstein  
Toms Royal  
Douglas Saunders  
Curtis Sawin  
Morgan Sawin  
Dick Schenendorf  
Andrew Schleider  
Scott Schmitt  
Mo Siegel  
Isaac Siskind  
David Slutsky  
Mary Elizabeth Smith  
David Smith  
Patricia Snyderstrup  
Eugene Sollose  
Timothy Sullivan  
Joyce Taite  
Mary Tricano  
Linda Twining  
Lauren Wagner  
Thomas Waniewski  
Danny Weiss  
Glenn Wharton  
Megan White

# Say Happy Birthday to these fellow swimmers when you see them!

## October Birthdays

Peter Alpern  
Ben Bailey  
Sam Baldwin  
Kate Baumann  
Tom Blackburne  
Brandon Boos  
Mindy Bowens  
Talin Boyadjian  
Elizabeth Broos  
Carol Buckwalter  
Mary Burton  
Carolyn Capodicasa  
Martino Caretto  
Robert Casalaina  
John Cassimatis  
Brian Cooper  
Michelle Cromwell  
Elaine DiDario  
Diane Dinsmore  
Kevin Donohue  
Andrew Eason  
Scott Eichhorn  
Carla Einfeld  
Deborah Elkis-Abuhoff  
Dan Fabrizio  
Kristopher Farreny  
Alfred Ferguson  
Taylor Filko  
Nicholas Fiorello  
Sandra Franc  
Nancy Freundlich  
Dennis Friedman  
Jane Gardner  
Gregory Geissman  
Roberta Geist  
Jennifer Geronimo  
Robyn Glaser  
Steve Glassman  
Brian Glenn  
Honey Gross  
Allison Gulbrandsen  
Sean Hager  
Karen Hilliard-Johnson  
Bridgette Hobart  
Terrell Holliman

## October Birthdays

Max Howard  
Georgina Huston  
Martin Johnson  
Eyad Karadsheh  
John Kehoe  
Michelle Keiper  
Dawn Kennedy-Little  
Paul Kiell  
Eric Kramer  
Scott Kreitz  
Brody Lawson  
Kim Lembo  
Steven Lev  
John Livingstone  
Jose Lopez  
Stephen Madden  
Beth Maloney  
Catherine Maloney Falicon  
Robert McAdams  
John McCormick  
Patrick McCullough  
Debbie Meany  
Thomas Mills  
Ann Monaghan  
Paola Morchio  
Adele Morgan  
Carol Morman  
Rebekah Morris  
Jay Muldoon  
Katie Mulligan  
Anne Murphy  
David Nash  
Francis Norek  
Gloria O'Connell  
Sean O'Sullivan  
Deirdre Omara  
Irene Ornovitz  
Kevin Ott  
Kelly Owens  
Stefano Paoloni  
Eileen Papson  
Kathryn Patterson  
Barbara Perkins  
Julie Porro  
Rita Previtali

## October Birthdays

Rita Previtali  
Paula Pycrz  
Amir Reda  
Andrew Rinn  
Lisa Rivera  
Jodie Robertson  
Paul Rodgers  
Gita Roy  
Richard Rubin  
William Ruthrauff  
Alan Sawyer  
Patrick Scanlon  
Lawrence Seidman  
Denise Sena  
Kenneth Sharperson  
Brian Sieger  
Joel Stein  
Julie Stewart  
Jonathan Stone  
Daniel Sutherland  
Derek Szot  
John Szramiak  
Mieko Takenaka  
Rich Tomko  
Megan Tompkins  
Joseph Tseng  
Debbie Turczan  
Oscar Urquiola  
Michael Villane  
Jane Weeks  
David Whiting  
John Williamson  
Allison Zelnick



# New Records Set!

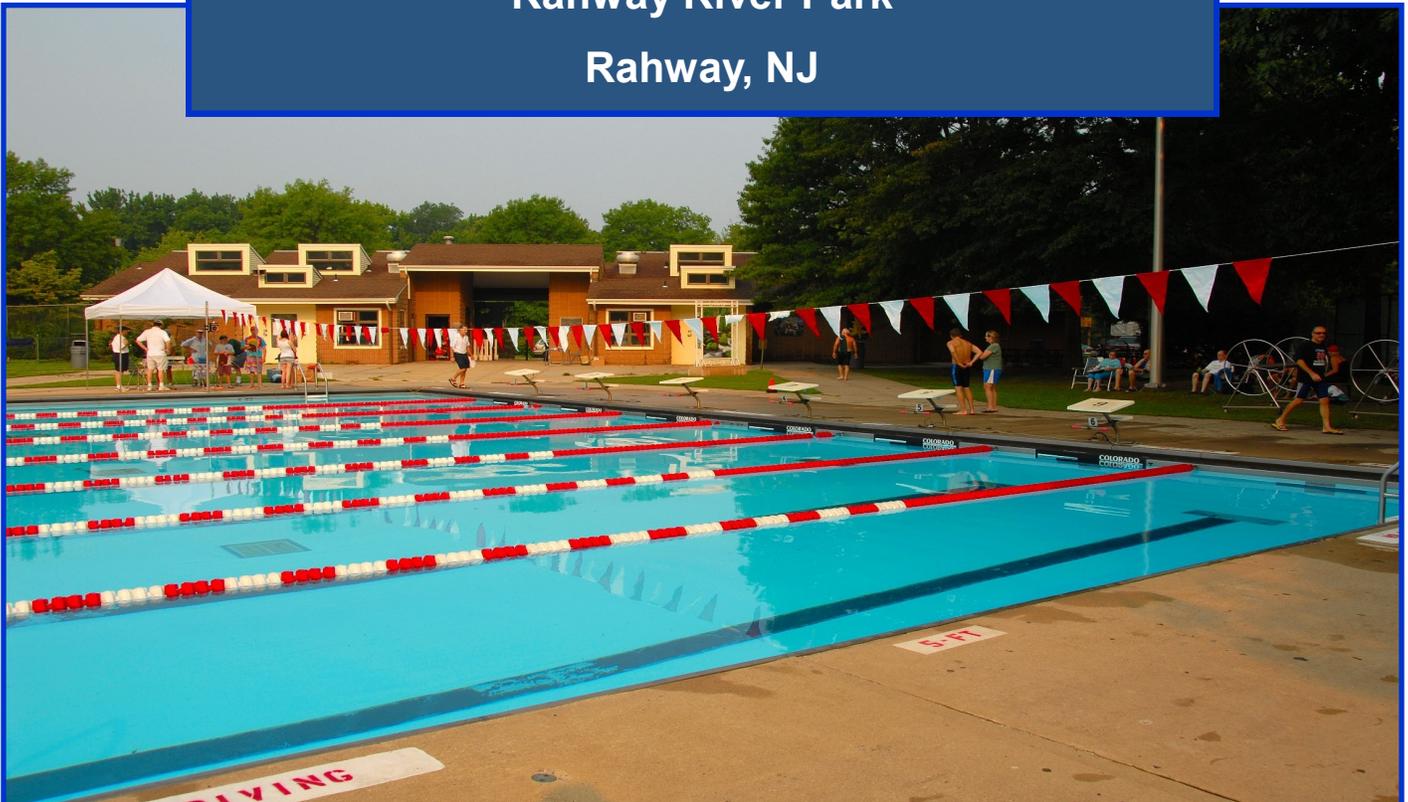


**Congratulations** to **Rich Schubert** (65) who broke the NJ LMSC LCM record for the men's 65-69 1500 meter freestyle at the 12th Annual June Krauser Summer Splash meet in Fort Lauderdale on June 18, 2017. Rich swam the 1500 in 27:11.63.

**Congratulations** to the following NJ LMSC swimmers who set new NJ LMSC LCM records at the Jason E. Nessel Memorial Invitational meet at the Rahway River Park Pool on August 6, 2017.

Women 55-59: **Laurie Ditommaso** (55) - 50 fly 32.63; Women 65-69: **Sue Freeman-Patterson** (66) - 50 free 43.20, 100 free 1:47.84; Men 50-54: **Jose Faria** (51) - 400 IM 5:52.64; Men 70-74: **Jack Zakim** (72) - 400 free 6:14.80

Walter E Ulrich Pool  
Rahway River Park  
Rahway, NJ



# 2017 Swim University

## Degrees Awarded



The third year of Swim University drew to an end on June 30<sup>th</sup> and this year's graduates did a wonderful job! The 37 people who swam logged an impressive 6,837.06 miles! This edges out Swim University 2016's 39 swimmers who swam 6,583.37 miles.

Last year eight swimmers earned their PhD's in Swimology by swimming 240 plus miles in the six-month time frame from January through June. We topped that this year with nine swimmers earning the highest distinction. My apologies to Julie Stine and Matt Gann who I inadvertently left out of the totals when I first reported these stellar results. Julie and Matt both attained Master's degrees. And a shout out to Paula Pyrcz who really packed in the swims the last two weeks of June to make it to her goal of earning a Bachelor's degree. I'm sure she's not the only one who swam hard to reach their goal.

Check out the degrees on the next page...

Great job everyone!!

### Associate's Degree (30 + miles)

Susan Gibson 30.54  
Linda Brown-Kuhn 50.1  
Julie Schoenlank 58.97

### Bachelor's Degree (60+ miles)

Paula Pycrz 60.31  
Heidi Pfefferkorn 65.22  
Sara Johnston 72.44  
Yumei Guo 74.17  
Bill Reichle 78.48  
Francesca Mancuso 88.66  
Marie Velluci 90  
Lan Ge 116.6

### Master's Degree (120+ miles)

Tom Sartorio 135.38  
Beth Maloney 136.75  
Asabi Davis 139.68  
Deborah Elkis-Abuhoff 146.93  
Ed Tsuzuki 155.72  
Julie Stine 155.94  
Matt Gann 157.6  
Arun Rao 158.05  
Curtis Miller 167.64  
Cathy Failcon 177.69  
Sharon Danzger 178.6  
Mark Haftkowycz 187.11  
Jane Ikeda 190.87  
Sarah Lepson 203.79  
Susan Kirk 215.30  
Gail Seelig 221.36  
Sandra Seddon 231.01

### PhD of Swimology (240+ miles)

Aaron Moore 240.28  
Irene Fisher 286.81  
Pia Lord 302.54  
Robert Gatto 323.19  
James Hoke 341.46  
Jen Baumann 345.92  
Dongho Choi 363.24  
Kim Plewa 388.71  
Jim Ryan 500.37



# USMS Board of Directors and Executive Committee Volunteer Service

A big shout out and thank you to our fellow NJ LMSC members, Chris McGiffin and Ed Tsuzuki, for their dedication and commitment to servicing USMS members at the National Level for the past 8 years by being elected volunteer members of the USMS Board of Directors and the Executive Committee! Both Chris and Ed have made significant contributions to facilitate moving the vision of the organization forward and to support the strategic plan of USMS.

Thank you guys for all that you have given to USMS – your time, your passion for swimming, and your hard work! Good luck to you both and we hope that you will enjoy some new-found spare time!"

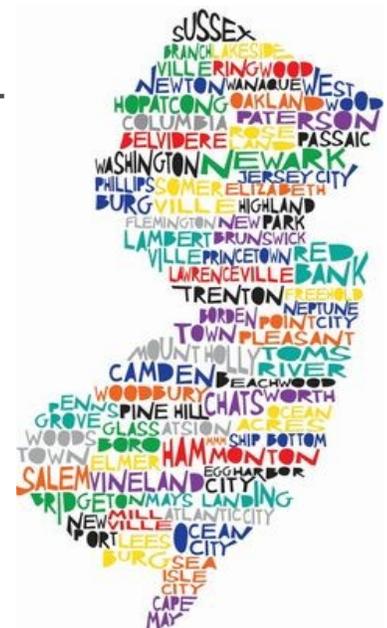


## UPDATE!

Mighty New Jersey is holding strong in our GTD numbers. We're still on top in percent participation at 10.35%, we're still second in total mileage (22,030 miles) and we are third in total number of participants – 137.

Colonies Zone (which NJ is a part of) is the #1 zone with a total of 84,579 miles and 571 swimmers. The average across our zone is 148.12 per participating swimmer. For NJ, we average 160.8 miles per participating swimmer!

[Click for Go The Distance](#)



# LOOKING GOOD

By Paul Kiell

*Dedicated to slowing and aging swimmers  
and injured runners seeking the refuge of swimming*

I was once a runner. Like all runners (and swimmers) I was passionate about it. Like all runners I always had that dread lurking fear, that something might happen permanently derailing my ability to run. Such a fear was not uncommon among runners for we all were running and racing between injuries. Injury was our frequent companion, permanent injury our greatest fear.

That greatest fear materialized for me. I had to stop running, courtesy not of any common running injury like knee trouble but of an inborn tendency to clotting in the veins. Luckily I had swimming to turn to. Even George Sheehan used to advocate the pool for injured runners. He probably was recommending running in the water while tied to a tether. Good advice. And while you're there you might as well really learn how to swim.

I know your reluctance. You have to travel somewhere, park your car, change clothes, etc., whereas in running you merely have to don your running attire, open your front door and you're all set. Swimming, furthermore, seems to be less efficient in terms of time. Most critically it is not a natural sport. Running is natural whereas swimming is unnatural. In fact just about every proper move you make in swimming is counter intuitive while every intuitive move you make in swimming is improper. It's infinitely harder to learn and seemingly inefficient in terms both of time and effort.

Overcoming that seeming difference in efficiency is the key to swimming. As for endurance in swimming, it's all about that British expression from *Chariots of Fire*: "Economy of Effort." Learning

technique equals economy of effort, which, in turn, generates swim endurance and stamina. Swimming short distances (25-50 yards intervals) with good technique is the way to train.

'Chariots' was a movie about running. In it too there was an issue of running mechanics (Abrahams lifting his knees to shorten and get in more strides). But in running there seems to be much less attention to mechanics and technique compared to swimming where proper technique—learning the mechanics—becomes just about everything.

Something came together in my mind recently. Nearing the end of a long swim workout, swimming laps of junk yards characterized by collapsing rhythm and technique, my thoughts turned to the old marathon running days, the times where you were schlepping along with your faltering stride, mechanics askew with collapsing rhythm, where bystanders would try and encourage your staggering frame with shouts of "lookin' good!" Obviously you looked anything but good yet the people meant well and you'd smile back and acknowledge their support with a weak hand wave.

I too was schlepping along in the pool struggling with those junk yards. I must have looked something analogous to the way some of us would look at the end of a marathon. Slowing down in performance times is inevitable, particularly with the aging process. But slowing in swimming can be slowed down. Slowed down with attention to mechanics. Swimming at its best is musical. It has rhythm and beat. Learning strokes is like learning the notes and the scales. And once you learn the notes and scales you then must put it all together and play music.

And to carry the metaphor from the music world further, talented musicians, even the professional musicians, still have teachers. Swimmers at all stages still have coaches (teachers) to watch and continually monitor technique.

In the jazz world, Louis Armstrong once said, "if it sounds good it is good." That for aging masters swimmers (and runners) applies, saying that if it looks good it *is* good.

Aging, with its accompanying slower performances that accompany the inexorable passing of time, means little. You can compensate for your slowdown if you obey a few rules that apply to music and to life: If you master the notes (strokes), if you master the rhythm and the timing, if you learn economy of effort all the while relaxing and enjoying, that's the whole story. Then you will be really lookin' good because you will be doing something that *is* good.





*featuring workouts from fellow Masters Swimmers and Coaches*

*Indoor workouts for outdoor swims!*

This edition's workout is from Dave Lockhart -- Head Coach at SVY. The majority of his swimmers are Triathletes, so he tries to build workouts in the pool that help prepare his swimmers for the triathlon/open water swimming season. The idea is to provide these swimmers with drills they can practice year round and skills to refine before the first summer race. Many of his swimmers don't have swimming backgrounds, in fact most triathletes learn to swim to do triathlons. So it is important for his workouts to teach both swimming and open water skills. Give these workout a try!

**Sighting Skills Workout:** the focus is on developing effective sighting skills and breathing flexibility allowing the swimmer to adapt to wave/sun/course considerations.

400 warm-up freestyle with flippers

4 \* 50 hard

300 yards free breathing free

300 yards free breathing right "these drills help a swimmer with races that require sighting on a specific side while breathing ... buoys on right, swimmers on left or landmarks" "also help with adaptation to big waves or sun glare"

300 yards free bi-lateral

500 yards alligator sighting every 6-8 strokes "focus is on sighting at the top of the reach, just the eyes above the water and not losing forward momentum"

1,000 yards free drafting practice "group of swimmers take turns leading, following swimmers stay close to the feet and leverage the draft opportunity"

400 cool-down

**Starting and Power Open Water Workout:** the focus is on practicing the classic open water starts and to get the aerobic system used to the heart rate variability of open water swimming.

400 warm-up free style with flippers

4 \* 50 start in deep end ... swim hard 25 yards cruise last 25 "this simulates the deep water start"

4\* 50 dive or jump off block in deep end ... swim hard 25 yards cruise last 25 " this simulates the dock or of the boat start"

4 \* 50 dolphin dive start in shallow end ... 2 dolphin dives hard 25 yards cruise last 25 "this simulates the beach start"

3 \* 150 middle 50 hard

3 \* 150 first 50 hard "these drills simulate the changes in heart rate demands at the beginning, middle and end of races

3 \* 150 last 50 hard

400 freestyle at race pace

400 cool-down

# Father and Daughter Team Up for Ocean Challenges

An interview with Sandra Johnson Carosi by Pia Lord

*Sandra Johnson Carosi swims mostly out of Healthquest and the Hunterdon County YMCA, both in Flemington, NJ. She frequently trains on her own, but meets many other triathletes in training to swim with them, practicing good fish-like technique! Sandy and her father met Pia in Key West this year at the occasion of the 41st Annual Swim Around Key West. Here's the latest from the interview!*

## **Pia: How did you and your Dad decide to team up?**

*Sandy "About 10 years ago, my husband suggested that I do something for myself figuring I'd get a massage or spa treatment. I told him I wanted to swim around Key West. When my last baby turned 4, that's what I did. He never expected that. He thought I'd gotten the open water swimming bug out of my system after swimming the Chesapeake Bay swim in 1988 and 1989 -- brrr ... too cold! I don't like swimming in unclear, dark and cold water. Key West offered the opposite. My Dad said he'd kayak for me since my husband gets sea sick really easily. My Dad figured I wouldn't be going that fast when I shared with him that I needed a personal support person as a requirement of the race. The one Swim Around Key West (SAKW) offered a kayak service, but I took my Dad up on his offer!"*

## **Pia: What races have you done together?**

*Sandy "My Dad is now 72 years old and we have finished the SAKW **7 times** and the Florida Keys Community College (FKCC) swim around Key West 1 time due to scheduling difficulties that year with the other race. We have completed the Swim for Alligator Lighthouse off Islamorada Key, FL once and I completed it with a girl friend of mine once too. My girlfriend tipped and I kept swimming since no one pulled me out. I swam around the lighthouse without her by my side, but she found me on the way back to shore around mile 5 since it is a straight out and back course. My Dad and I are currently signed up to Swim the Alligator Lighthouse swim coming up September 23, 2017."*

## **Pia: Do you and your Dad train together?**

*Sandy "We don't train together. I train in a pool. I spend many hours worth of easy swimming back and forth in a pool. My Dad bought a special arm bicycle to work his arms while listening to a radio or TV."*

## **Pia : What challenges have you faced as a father-daughter team?**

*Sandy "Our hardest swim together was the third year around in Key West in a leaving tropical depression. The kayakers had it worse than the swimmers. They were tipping all over the place and many swimmers did not complete that race. The first year was windy from Sigsbee to Cow Key Bridge. So much for an easy time keeping with me, the swimmer. The second year around Key West was even more windy and I got a total charlie horse in my calf muscle due to not wanting to stop in really windy conditions. My father got second degree burns wearing short sleeves, not being able to apply sunscreen as he was just trying to keep going in the wind. We experienced totally all wind on the Gulf side of the island. Thinking that there was no way it could get any harder we entered a third year! Our third year of swimming and kayaking was akin to what swimmers term "swimming in a washing machine" in four foot swells. My Dad and I were unable to find each other and thought we were disqualified, We eventually found each other in the cruise ship channel and decided we would finish the swim anyway. As it turned out we were awarded with a non-DQ finish!"*

**Pia: What other factors make a swim like this challenging for you both?**

*Sandy "The swim around Key west is a 12.5 mile swim and the Alligator Lighthouse swim is 8 nautical miles (9.3 regular miles - ugh!!! as I wasn't expecting the extra mileage) . This year I believe it is 8 regular miles due to a change in the start/finish area. Even though the swim around Key West is longer, it is an easier swim. Every curve of Key West coastline brings a new and refreshing set of tides and winds to deal with. The Alligator Lighthouse swim is straight out and straight back, from the beach to the Alligator Lighthouse in the Straits of Florida. There is simply no rest from the weather elements present that day and time. Both times have been windy for me, but the second time with my Dad was windiest. I hope this third time, the water will be calm and glasslike!"*

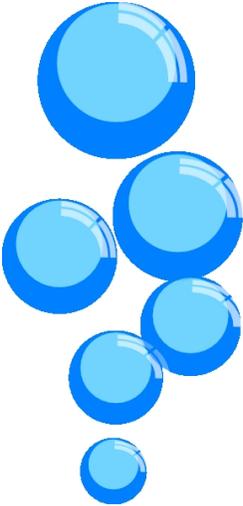
**Pia: Would you like to add anything else?**

*Sandy "I hear there are at least three other New Jersey swimmers swimming the Alligator Lighthouse Swim this year - Join Us!!!"*

**Sandy and her Dad  
(swimmer and kayaker)  
participate in Swim  
Around Key West June  
2016**



**Sandy and her  
Dad, swimming  
and kayaking,  
off  
the coast of Key  
West Florida in  
June 2013**





**80-year young Dieter Wunderlich still enjoys conquering the surf!! Congratulations to Dieter on his recent swim at the Annual Lavallette Mid Summer Ocean Mile swim on August 5, 2017!**



Dear NJ LMSC members and fellow swimmers,

Do you have a wonderful swim experience you could share in the newsletter? Did you particularly enjoy swimming, a swim training experience or endeavor, or other swimming related activities that you might write about for an upcoming monthly publication? It can be as general or as detailed as you have time for keeping in mind that it might be of interest to the readers of the NJ LMSC.

Also, please feel free to email us photos about any swim experiences including clinics, open water swims or races, swim meets, nationals, usa or usms, postals, 50x50s, 100x100s. Please add a caption highlighting you, your friends and perhaps others in your team. We would really appreciate any submissions you would share!!

Please email article and photos with captions to [pialord@gmail.com](mailto:pialord@gmail.com). If you'd like I can send you a list of question prompts to assist you in writing an article .

Thank you and happy swimming!

**The deadline for the  
next issue is  
October 15  
please send articles to  
aras33@comcast.net**



*U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes health, wellness, fitness and competition for adults swimming. It does so by partnering with more than 1,500 adult swim programs across the country; promoting information via the bimonthly member magazine, SWIMMER, monthly e-newsletters, STREAMLINES, and website, usms.org; and by sanctioning and promoting pool, open water and virtual events and competitions. More than 60,000 adults are registered members of U.S. Masters Swimming*